

<p> Section 1: Introduction The purpose of this study is to investigate the impact of social media on the mental health of teenagers. The study aims to explore the relationship between social media usage and various mental health outcomes, including anxiety, depression, and self-esteem. The research is based on a sample of 100 teenagers aged 13-18 years old, who were surveyed about their social media usage habits and mental health status. The findings of this study will provide valuable insights into the role of social media in the lives of teenagers and its potential impact on their mental well-being. </p>
<p> Section 2: Literature Review The literature review examines the existing research on the topic of social media and mental health. It highlights the growing concern among researchers and the public about the potential negative effects of social media on teenagers' mental health. The review discusses the various factors that may contribute to these effects, such as the pressure to maintain a certain online image, the fear of missing out (FOMO), and the exposure to cyberbullying. The literature also explores the potential benefits of social media, such as increased social support and the ability to connect with others who share similar interests or experiences. </p>
<p> Section 3: Methodology The methodology section describes the research design and the data collection process. The study is a cross-sectional survey study, which involves collecting data from a single point in time. The data was collected through an online survey that was distributed to teenagers via social media platforms. The survey included questions about the frequency and duration of social media usage, as well as questions about mental health symptoms and overall well-being. The sample size was 100 teenagers, and the data was analyzed using statistical software. </p>
<p> Section 4: Results The results section presents the findings of the study. The data shows that there is a positive correlation between social media usage and mental health symptoms. Teenagers who spend more time on social media are more likely to experience anxiety, depression, and low self-esteem. The study also found that the pressure to maintain a certain online image and the fear of missing out (FOMO) are significant factors contributing to these mental health issues. However, the study also identified some potential benefits of social media, such as increased social support and the ability to connect with others who share similar interests or experiences. </p>
<p> Section 5: Conclusion The conclusion summarizes the main findings of the study and discusses the implications for future research and practice. The study suggests that social media usage can have both positive and negative effects on teenagers' mental health. While it can provide a platform for social support and connection, it can also contribute to mental health issues such as anxiety, depression, and low self-esteem. The findings of this study have important implications for parents, educators, and mental health professionals, who should be aware of the potential risks and benefits of social media for teenagers. Further research is needed to explore the long-term effects of social media on mental health and to develop effective interventions to mitigate the negative impacts. </p>

Tri M. Mai

3727

[illegible]

INTERFERENCE SEARCHED			
Class	Subclass	Date	Examiner

[illegible]